
Addenbrookes Treatment Centre

Preparing for your Surgery

It is very important that your stomach is empty before your operation. On the day of your operation you must:

Stop eating and drinking (including chewing gum) at

You may continue to drink **water only** until

Checklist

- Make up and nail varnish need to be removed before your appointment. Please leave all jewellery and body piercings at home.
- You may bring a dressing gown, slippers and toiletries with you.
- Please wear comfortable, loose fitting clothes and low heeled shoes.
- Please do not bring large sums of money with you.
- Remember to bring all your regular medicines with you, including your GP prescription.
- If you have a medicines exemption card, please bring it with you.
- Please make sure you have a supply of paracetamol or ibuprofen tablets at home for pain relief. You will be prescribed additional pain relief if required.
- If you require a sick leave certificate, please inform the nurse on arrival.

What will happen on the day?

- When you arrive you will meet your nurses who will prepare you for surgery. You will then meet your surgeon and anaesthetist. You will be asked to complete a questionnaire and consent form.
- Please be aware that your appointment time is not the time of your surgery, and a wait will be involved.
- After your operation, you will wake in the recovery area, and then be taken to the ward.

Discharge

- When you are ready for discharge, you must arrange for a responsible adult to take you home and stay with you for 24 hours after your operation. You must contact us before the day of your operation if you are unable to arrange this.
- **You must not** use public transport or drive yourself home.
- If you stay overnight we request that your escort collects you from the discharge lounge in the Day Surgery at 0730 hours. We advise that your escort contacts 01223 256330 before leaving to collect you, to ensure that you will be ready to go home.
- There are pick up points and car parks indicated on the map enclosed.

Aftercare

- It is important to rest for a few days after your operation, especially if nausea or dizziness occurs.
- For 24 hours after your operation you **must not**: Drive any vehicle, operate machinery (including cookers, kettles and irons), drink alcohol or take sleeping tablets.
- If you are worried about your condition, please contact your General Practitioner first.

It is against the law to smoke inside any building at either Addenbrooke's or the Rosie hospitals. Smoking is only allowed at the small number of purpose built smoking shelters on site. Please do not smoke anywhere else on site.



For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Russian

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Cantonese

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Turkish

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Bengali

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পোতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Document history

Authors	Day Surgery Unit
Department	Day Surgery Unit, Box 238, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
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